



Lansing's ATA Martial Arts
Class Schedule
 397 Aviation Blvd, Ste B
 Santa Rosa
 (707) 591-0800
www.LansingsMartialArts.com



| Tiny Tigers (all ranks) | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------|---------------|----------------|------------------|-----------------|---------------|-----------------|
| Black Belt Club | 3:15–3:50 | 3:15–3:50 | 3:15–3:50 | 3:15–3:50 | | 9:55–10:30 |
| Evening Class | | 6:05–6:35 | | 6:05–6:35 | | |

| Kids | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|---------------|----------------|------------------|-----------------|---------------|-----------------|
| All Ranks Class | | | | | | 10:35–11:15 |
| White – Green Belts | 3:55–4:30 | 5:20–6:00 | 3:55–4:30 | 5:20–6:00 | | |
| White – Green Belts | | 6:40–7:20 | | 6:40–7:20 | | |
| Purple – Red | 5:10–5:50 | 3:55–4:35 | 5:10–5:50 | 3:55–4:35 | | |
| Black Belts | 5:55–6:35 | | 5:55–6:35 | | 5:00–5:55 | |
| Kids open workout | | | | | 4:00–4:55 | |

| Adults & Teens | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------|----------------|----------------|------------------|-----------------|---------------|-----------------|
| All Ranks Class | 10:30–11:30 am | | 10:30–11:30 am | | 6:00–6:35 | |
| White – Green Belts | 7:40–8:30 | | 7:40–8:30 | | | |
| Purple – Red | | 7:30–8:10 | | 7:30–8:10 | | |
| Black Belts | 6:40–7:35 | | 6:40–7:35 | | 5:00–5:55 | |

| Specialty Classes | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------|---------------|----------------|------------------|-----------------|---------------|-----------------|
| Tiny Tiger Leadership | | | | 4:40–5:15 | | 9:15–9:50 |
| Kids Leadership | 4:35–5:05 | 4:40–5:15 | | | | |
| Adult Leadership | | | | 8:10–8:50 | | |
| Sparring Kids | | | 4:35–5:05 | | | 11:15–11:55 |
| Sparring Adults | | 8:10–8:50 | | | 6:40–7:15 | |

PRIVATE INSTRUCTION AVAILABLE BY APPOINTMENT

Effective Jan. 1, 2012
Class times subject to change

School T-Shirt / Any Martial Art Uniform
 Will Be Allowed On Fridays & Saturdays

All Other Days: **COMPLETE ATA
 UNIFORM REQUIRED**

Hours of Operation

Monday – Friday 2:30pm – 8:00pm

Saturday 10:00am – 1:00 pm

SCHOOL OWNER/CHIEF INSTRUCTOR **PAUL LANSING**

SENIOR INSTRUCTOR **TRINA KOCH** • PROGRAM DIRECTOR **ANANDA SWEET**